

The Northern News



- Book Club -
Monday, Oct. 8th @ 10:15
You will receive your first
book and discuss the
details of the club.
The first book will be:
Hotel on the Corner of Bitter
and Sweet.



North Davis Senior Activity Center

42 South State Street,
Clearfield, UT 84015

801-525-5080

northdavis@daviscountyutah.gov

Center Hours

Monday – Friday
8:00 am to 5:00 pm

Center Transportation
Monday – Friday

LUNCH

Suggested Contribution:
60 & over \$3.00

Under 60 is \$6.00
Served Monday – Friday
11:30 am

**Reservations needed at
least three days in
advance**

Center Staff

Debbie Draper
Bureau Manager



Tiffany Forsgren
Activities Coordinator

Wendy Cypert
Nutrition Coordinator
Lorie Rhew
Kitchen Supervisor

Hilda Rayl
Paul Rosas
Center Bus Drivers

Ann Workman
Johnny Brown
Neal Bernson
Medical Transportation

September

Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
This meal is only available to congregating participants										
Chicken Caesar Salad	3 Center Closed for Labor Day 		4 Shepherd's Pie Carrots Wheat Roll Fruit Milk	35 12 28 20 12	5 Baked Chicken Mash Potato/gravy Mixed Veggies Wheat Roll Apple Crisp Milk	<1 22 17 28 36 12	6 Chili Dog/bun Coleslaw Peas/carrots Fresh Orange Milk	53 7 10 25 12	7 Chicken Marsala Herbed Egg Noodles Green Beans Tossed Salad Wheat Roll Fruit Milk	6 20 7 4 28 19 12
Tuna Sandwich	10 Country Fried Steak Mash Potatoes/Gravy Broccoli Wheat Roll Fruit Milk	17 22 4 28 34 12	11 Meat Lasagna Peas Tossed Salad Garlic Roll Fruit Milk	46 12 4 40 18 12	12 Chef Salad Pasta Salad Mandarin Oranges Wheat Roll Carrot Cake Milk	6 23 12 28 34 12	13 Meatloaf/gravy Au gratin potatoes Mixed Veggies Fruit Wheat Roll Milk	7 24 7 20 28 12	14 Lemon Pepper Cod Corn Coleslaw Brown Rice Pilaf Garlic Roll Fruit Milk	0 19 7 23 40 13 12
Turkey and Cheese wrap	17 Ham/pineapple mixed veggies mashed sweet potato wheat roll cinnamon applesauce milk	21 7 47 28 13 12	18 Turkey Fricassee Mash potato/gravy mixed eggies Wheat roll Fresh orange Milk	7 22 7 28 24 12	19 Chicken Cordon Bleu Rice Pilaf Green Pea Salad Spinach Wheat Roll Mixed Fruit Milk	12 23 17 4 28 12	20 Ham & Bean Soup Tossed Salad Fruit Wheat Roll Spice cake Milk	27 4 13 28 32 12	21 	
Chef Salad	24 Beef Stroganoff Green Beans Tossed Salad Wheat Roll Fruit Milk	22 7 4 28 13 12	25 Chicken Tenders Mixed Veggies Oven Brown Potatoes Wheat Roll Apple crisp Milk	18 7 18 28 36 12	26 Veal Mash potato/gravy carrots Wheat Roll Pineapple Milk	15 22 7 28 34 12	27 Spaghetti/Meatballs squash Tossed Salad Garlic Roll Cinnamon Applesauce Milk	30 13 4 40 13 12	28 Beef Stew Green Beans Tossed Salad Wheat Roll Jello/fruit milk	24 7 4 28 8 12

Skim Chocolate Milk Carb Count= 26

North Davis 801-525-5080 Menu subject to change at anytime!
SUGGESTED CONTRIBUTION: \$3.00 for those 60 & over - For those 59 &
below: Set price of \$6.00. Please call for lunch reservations at least **3 days** in advance.
(Weekends & Holidays don't count)